New Freedom Curriculum INTERMEDIATE FINAL **IMMEDIATE** TARGET POPULATIONS/ STRATEGIES/ **OUTCOMES OUTCOMES OUTCOMES** THEORY **ACTIVITIES** Staff demonstrates understanding of underlying Training of Program Facilitators concepts and is prepared to deliver intervention Focus on programming with high fidelity Underlying theory of chance Facilitator as instrument of resiliency building Increase in resiliency factors Facilitator as change agent Preparing program staff to deliver each intervention targeted by program, including: BOX 1: See Appendix for Details · Specific coping skills for component · Staff begins to build trust, and identify and reduce relapse prevention resistance to the programming · Anger management skills · Target population identifies life goals and current · Life skills Pre-Contemplation (residents are unwilling to feelings · Impulse management change, unaware, resistant, or in severe denial) · Initial steps to engage in individual and group · Environmental controls Activities – using MET/MI techniques, group contact, counselina through auided self-disclosure Problem solving/self-regulation and brief workbooks and materials -- to engage · Skills for dealing with thoughts, residents, enhance motivation and receptiveness cravings, and feelings · Communication skills Decreased prevalence BOX 2: See Appendix for Details · Substance abuse education and incidence of · Active participation in programming · Goal setting skills recidivism Target population is aware of feelings Decreased prevalence Contemplation (residents participate, but there is still · Target population identifies costs and · Develop personal safety nets and incidence of postsome denial and/or resistance) consequences (for self and others) of "old · Victim empathy release substance use · Activities - using MET/MI and CBT techniques. behaviors" · Gender/cultural identity group contact, workbooks and materials -- to Increased compliance · Target population identify alternative life options · Employability skills increase self-awareness and emotional recognition; with drug testing · Recreation/leisure time skills realistic assessment of current lifestyle; identify · Decreased post-· Family involvement values, goals, and risk factors Structured and monitored release infractions of Box 3: See Appendix for Details probation regulations substance abuse · Target population demonstrates insight into and requirements interventions based on behavior Active participation in cognitive-behavioral. Preparation (target population participates, uses Identifies and begin to address specific issues post-release motivational program materials, and talks, although some resistance relating to past behaviors, including underlying treatment/ enhancement, and social remains) Target population internalizes thoughts and feelings, triggers, symptoms/cues counseling/support learning philosophies will Activities – using MET/CBT techniques, group program messages · Learning and demonstrating basic coping, groups activities as contact, workbooks and materials -- aimed to identify · Target population recognizes reduce the resistance to interpersonal and communication skills required what needs to be changed in the offender's life; the negative consequences behavioral change and testing new ideas and learning new skill sets; associated with deviant peer decrease antisocial understanding thinking and behavioral issues behaviors, including · Target population stays substance use and BOX 4: See Appendix for Details committed to prosocial behavior · Target population demonstrates repeatedly abuse Action (target population actively pursues new and can · Target population utilizes their successful coping with variations on their highest address significant issues and feelings) new assertion, refusal, risk situations · Activities - using CBT and social learning/relapse resistance, and resiliency skills, · Demonstrate competence in a range of specific prevention, group contact, workbooks and materials: and generalize them across coping, assertion, refusal, resistance, resiliency, practice new skills; actively change negative situations violence avoidance, and self-management skills. behavioral patterns; address issues and techniques Decrease in violence and Evidence of self-efficacy in counseling for building self-efficacy and healthy relationships substance use in residential · Target population follow their BOXES 5 & 6: See Appendix for Details action plans Maintenance and Aftercare (target population · Demonstrated understanding of and active prepares to return to the community, remain honest and participation in programming continue to practice new skills) Development of post-release, recidivism, and · Prepare, review, and revise detailed post-release relapse prevention plans relapse prevention plans; implement pro-actively

· Commitment to post-release plans

 Develop action plans dealing with risk factors, family, friends, and linking with protective factors at release